

March Senior Center Gazette 2006

INTERNATIONAL FOOD FESTIVAL Weds., March 22, Noon

\$5 Senior Center Members
\$7 non-members

Join us for the Annual Senior Center International Food Festival with delightful dishes from many different countries. Want to try an Indian Curry, Italian Pasta, treats from Pakistan, sweet & sour tastes of China? Purchase your tickets early. Call 790-6600 for information or if you would like to sign up to donate food from your favorite country.



MAY THE LUCK OF THE IRISH BE WITH YOU ON ST. PATRICK'S DAY FRIDAY, MARCH 17 12 noon, \$5 members \$7 non-members Lunch & Sing Along

Riley's Special Corned Beef and cabbage will make your day happy and wearing green will make your day lucky. Join in an Irish Sing Along at 1:00 pm with the Senior Center Singers. Top of the morning to you all!

SPECIAL SPEAKER Everyone is invited to the Mon., March 13, 12:45 pm "SELF HYPNOSIS FOR A HEALTHY LIFESTYLE" Francis Dreher, PhD., MFT

Will be teaching us how to use self hypnosis in our everyday life to reduce stress, manage difficult times, and achieve personal goals.

COMMUNITY SERVICES

FREMONT HUMAN SERVICES DEPARTMENT.....	574-2050
Coordination of services for homebound seniors.....	574-2041
Senior Center.....	790-6600
Senior Information & Referral.....	574-2041
Fremont Paratransit Program.....	574-2053
Multi-Purpose Senior Services Program (MSSP).....	574-2050
Senior Peer Counseling.....	574-2063
Caregiver Support Program.....	574-2035
LIFE ELDERCARE.....	574-2090
Meals on Wheels.....	574-2092
Friendly Visitor Program.....	574-2097
Travel Escort Program.....	574-2096
AFGHAN ELDERLY ASSOCIATION.....	574-2059
ALAMEDA COUNTY WEBSITE.....	www.alameda.networkofcare.org
ALZHEIMER ASSOCIATION HOTLINE.....	1-800-660-1993
ALZHEIMER'S SERVICES OF THE EAST BAY.....	888-1411
BACS ADULT DAY CARE CENTER.....	656-7742
COMMUNITY HEALTH RESOURCE LIBRARY.....	494-7030
EAST BAY PARATRANSIT.....	1-800-555-8085
HEALTH INSURANCE INFORMATION SERVICE.....	1-800-770-9447
HOMESERVICES REGISTRY.....	574-2095
HOUSING ASSISTANCE (OFFICE OF NEIGHBORHOODS).....	494-4500
After hours.....	494-4505
LEGAL ASSISTANCE FOR SENIORS.....	1-800-393-0363
MEDICARE.....	1-800-952-8627
MEDICARE & INSURANCE COUNSELING (HICAP).....	1-800-393-0363
TRI-CITY HEALTH CLINIC.....	713-6685
SENIOR LIBRARY SERVICES.....	745-1499 or 745-1491
SOCIAL SECURITY.....	1-800-SSA-1213
TRI-CITY ELDER COALITION.....	574-2064

INDIA COMMUNITY CENTER JOINS THE FREMONT SENIOR CENTER FOR SPECIAL CLASSES

ICC will offer its program for all seniors at the Fremont Senior Center, on the first and third Mondays of each month, from 10 a.m. - 2 p.m. Programs are offered to seniors at no cost and will include:

10 AM-12 PM - Meditation and Yoga - including pranayam (breathing exercises) and mudras (the hand gestures used in yogic practices), and Bollywood Dance (Indian dance forms set to contemporary Indian music).

12-1 PM - A potluck lunch or seniors may purchase lunch at the senior center (vegetarian options available with advance notice to chef).

1-2 PM - Roundtable discussions on social issues and life experiences, and/or talent showcases, including singing, writing, poetry, and dance. The group will have input what is offered each week.

New! Chinese Calligraphy taught by Edward Thi Fridays, 9:30 - 11:30 am

Study Chinese Calligraphy, an art, passed down through the centuries, from Edward Thi, a very talented instructor. Senior Center Members - no fee Non-members - \$2 per class

MARCH BIRTHDAY PARTY Friday, MARCH 10, 1:30 pm Entertainment by Bay Strings Band

Join us for the entertainment & food, even if is not your birthday. Cake, ice cream, & coffee will be served. If you are having a March birthday, register for the drawing for birthday prizes.

AARP INCOME TAX HELP

Sign up now for Income Tax Assistance appointments which start on Thursday, February 2. Appointments are available on: Tuesday at 10, 11 & 12, Thursday at 9, 10, 11, & 12, and Friday at 1, 2, & 3 pm until April 14.



The City of Fremont does not discriminate on the basis of disability. Reasonable auxiliary aids are provided upon request to persons with disabilities to afford equal opportunity to services, programs, and activities. Inquiries may be forwarded to the Director of the Human Services Department, P.O. Box 5006, Fremont, CA 94537, (510) 574-2051 or (510) 574-2040.